

July 2016

#Mammyandme, March 2016

Local Group Focus: Donegal

By Ciara Gallagher - Volunteer Parent

Anam Cara Donegal is a small group, probably by virtue of the size and infrastructure of the county. The group meets on the second Thursday of each month from September to June in the Mount Errigal Hotel in Letterkenny. Stella McCole, the group's professional co-facilitator, is assisted each month by either Maeve McHardy or myself. We have a small core of parents who attend regularly with many more who drop in when they need support through a significant milestone. We look forward to launching the Anam Cara Information Pack in September, which will help us grow awareness of the of Anam Cara in County Donegal.



**Northern
Ireland
Children's
Hospice**

Anam Cara is committed to building partnerships in the community to ensure bereaved parents are supported throughout the island of Ireland. We are delighted to announce our partnership with Northern Ireland Children's Hospice. Together we hosted three Bereavement Information Evenings in Antrim and Fermanagh along with our event in Armagh. We look forward to working with the NICH later this year and in 2017. These events are open to all bereaved parents.

This Autumn we aim to increase our geographic reach by establishing the Anam Cara Midlands group to in Mullingar, along with Anam Cara West Cork group in Bantry.

Larry O Sullivan— Representing Anam Cara Tipperary at Cycle Against Suicide

Anam Cara Cork Lunch 2016

A huge thanks to the amazing fundraising efforts of Anam Cara supporters in the first six months of this year.

Especially:

- ◆ Everyone who ran or walked for Team Anam Cara in this year's VHI Women's Mini Marathon!
- ◆ Michelle Ronan in West Cork who has single-handedly raised over €11,000 (and counting!) for Anam Cara through a host of imaginative events, to end in October on Mount Everest!
- ◆ Gillian and Ian Baird in Donegal whose 'It's a Knockout' event in Castlefinn, held in memory of their daughter Anna, was a huge success raising over €30,000 for Barretstown and Anam Cara
- ◆ Jackie Crowley and Colette Griffin in Cork for organizing another great coffee morning in memory of Colette's daughter Sarah
- ◆ Kate Burke and the team who donated this year's proceedings from the annual De la Salle Palmerston 'Salmo' Ladies Lunch to Anam Cara



Anam Cara Information Packs

Delighted with the response to our Information Packs. Currently 9K packs have been distributed throughout the island of Ireland. If you would like a copy, contact info@anamcara.ie



As the Anam Cara groups take a short break throughout July and August, we would like to thank our volunteer parents who give so generously of their time throughout the year and the professionals connected to the groups for their continued support of Anam Cara.

Volunteers Needed!

We are starting early this year and there will be a bag pack on Saturday 17th September in Dunnes Stores Cornelscourt.

If you can donate us 2 hours of your time please contact Clodagh on c.curley@anamcara.ie or call 085 2888 888.

In November/December there will be bag packs taking place near you as they are Anam Cara's biggest fundraiser for the year... Please support us so we can support bereaved parents throughout Ireland.

Only 2 hours is what we need and all offers of help very appreciated. If you know any students or schools that would help out better again. Thank you



Remembering Together

In Galway on June 1st a stone bench for bereaved families was unveiled in the 'Circle of Life' Garden in Salthill. Thanks to Martina and Denis Goggin for giving us this peaceful sanctuary where we can sit and just be how we want to be.

*Paul and Caroline Flaherty
Anam Cara Galway*



Thanks to our kind sponsors...

Anam Cara is seeking corporate sponsor to support our services to bereaved parents & families. Any contacts or ideas, please let us know to h.harkin@anamcara.ie

In the last six months are grateful for the kind and generous support of the following companies and organisations:

- The Healy Group
- Nightline
- B. Braun
- Adam's Cloud
- Lush Cosmetics
- South Dublin County Council
- Ervia
- Medtronics
- Microsoft Ireland
- Actavis
- Irish Stock Exchange
- Astellas Ireland
- Cork Street Fund
- Lush Ireland

Anam Cara is committed to compliance with the Governance Code for community, voluntary and charitable organisations in Ireland. Anam Cara is also signed up to the statement of Guiding Principles for Fundraising and is registered and up to date with the Charities Regulatory Authority.

Anam Cara 2016 #Daddyandme Campaign

Thank you to Leinster and Irish rugby international Ailis Egan, Benji and the Bennet Family and Curley Family for their support of this special campaign to commemorate Fathers Day

